



Lunch Time Policy

Burgess Sports has worked hard to tackle hunger and bad food habits. Through the years we have encouraged healthy packed lunches and **we have banned from our all programmes junk food such as crisps, popcorn, biscuits, fizzy drinks, etc.**

We offer a free, very tasty, vegetarian meal to all our participants, ambassadors, coaches and volunteers. This food is prepared on the day from fresh ingredients by our professional chef. We understand that you may not want your child to have our free healthy lunch. If this is the case it is compulsory to bring an equally balance and healthy packed lunch, **otherwise the child will not be able to do the full day of sports and you will asked to collect your child early.**

WHY IS A BALANCED DIET IMPORTANT?

By giving your child a healthy balanced diet, you are ensuring that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development.

Many children and families today have busy schedules. These make it hard to sit down to homemade meals every day. Many kids' diets involve a lot of convenience and takeaway food. But these foods can be unhealthy. They can have a negative effect on your child's health. Some of the problems unhealthy eating causes can continue into adulthood. They can even develop into lifelong diseases.

Healthful eating has many benefits for children. It can:

- Stabilize their energy.
- Improve their minds.
- Even out their moods.
- Help them maintain a healthy weight.
- Help prevent mental health conditions. These include depression, anxiety, and ADHD.

WHAT IS A BALANCED DIET?

To get a balanced diet, you need to ensure that your child is eating a wide variety of nutritious foods from all the different food groups. As a general guide, children should eat:

1. Lots of fruit and vegetables (more veg than fruit)
2. Wholegrains (such as brown rice, whole grain bread and whole grain pasta)
3. Beans and lentils
4. Lean meat and fish (especially oily fish)
5. Nuts and seeds